

## What is Candida Yeast Infection

### Key Idea:

Candida Albicans is a yeast microorganism that commonly lives in the intestinal tract of every human being. It shares space in your bowel with a variety of other microorganisms, mostly helpful bacteria, call probiotics. The bacteria to yeast ration in a healthy person is about 10:1, so in a normal bowel everything lives in a nice ecological balance. The problem comes when your “inner ecology” gets off balance through a variety of causes. The next link (Candida Causes) will discuss these. The bowel becomes vulnerable to other opportunistic’ microorganisms seeking a new home. With no healthy probiotics to keep it under control, the growth of yeast takes off, multiplies and causes Candida Overgrowth yeast infection resulting in a multitude of symptoms.

### Overview:

An overgrowth of Candida Albicans is a yeast infection that often begins in the digestive system and gradually spreads to other parts of the body. By the time someone has a vaginal yeast infection, for example, or any other external, surface sign of fungal growth, the yeast has already taken up residence internally.

### Dysbiosis:

Dysbiosis includes CO, Irritable Bowel Syndrome (IBS) and Intestinal Permeability (IP or “Leaky Gut”). Dysbiosis means that your inner ecology is out of balance and causing many symptoms. It is important to understand that if you are having symptoms which indicates dysbiosis that the cause may be something other than yeast infection. You could have an overgrowth of bacteria or parasites or Candida yeast. People have come to us convinced that they had CO but in fact did not. Testing revealed something else, for example, bacteria or parasites. This is big reason why we recommend medical testing instead of guessing.

### History:

People have been on Earth a long time but Candida Overgrowth is a relatively new problem. CO was rare before World War II. The introduction of the mass use of antibiotics paralleled the rise in yeast infections. Initially a prescription for antibiotics directly preceded almost all yeast infections. In other words, during the 1950’s a yeast infection usually followed a course of antibiotics by a few weeks. By the 1970s women and men began to have yeast infections even when their physicians did not give them a course of antibiotics. Other factors can upset the inner ecology. This is a common problem today.

### Different Names For a Yeast Infection:

They are all the same thing. Candida Overgrowth is actually just part of a larger problem called dysbiosis which means the dis-function of the bio-tic or bacterial environment of your digestive tract. So, to be accurate, when you think Candida Overgrowth, think dysbiosis.

## What Causes Candida Yeast Infection

There are about a dozen recognized causes of intestinal dysbiosis (or dys-function of the microbiome, or inner ecology) and candida overgrowth (CO). Causes range from obvious chemical and germ exposure to mind-body related causes.

### Diet

Poor food choices Is one of the main causes of candida overgrowth (CO) and intestinal dysbiosis. Candida and the other critters causing dysbiosis all feed on sugar. Your first and most obvious sign of trouble is when you begin craving sugars (fructose or fruit, honey, juice, soda, maple syrup, ice cream, especially any type of candy or chocolate, basically anything sweet, or refined carbs like any white flour pasta, cookies, cakes, etc). There is nothing wrong with a little sugar now and then. But when it is a daily craving it falls into an “extreme diet” category.

Extreme Diet is a classic question of “which came first, the chicken or the egg?” Does extreme diet cause CO or does having CO cause the extreme diet? Whichever is the case, we know dysbiosis is involved.

### RX Drugs

All drugs, and especially antibiotics, can cause an upset in the inner bowel ecology and immune system which adversely affects the body simply because they are artificial, unnatural and man-made. They are foreign invaders to the natural human body. We are not against modern medicine. That would be foolish. RX drugs can save lives in an emergency. But they are not designed to cure, heal or be used for years at a time. They are made for the temporary relief of symptoms. Unfortunately some people stay on them for years, never bothering to find out how to heal their own body. Then they are surprised when “suddenly” the accumulated negative side-effects of the drugs simply overwhelms them with serious or life threatening disease.

The drugs which most directly upset the bowel ecology and contribute to CO dysbiosis are Antibiotics, Birth Control Pills, Hormones, Steroids, Anti-inflammatory drugs and Antacids. (1) However, You don't need to go see a doctor to get antibiotics. They can enter the body through common dairy products. Dairy products, especially milk, are so laden with toxic bacteria that the FDA allows dozens of antibiotics to be used directly in milk

### Alcohol

Alcohol use in excess kills off friendly bacteria, increases toxic overload of the liver, and allow candida overgrowth dysbiosis. Add to this dilemma the fact that alcohol is actually a yeast by-product and you can see the potential problems. People with extreme CO can have high blood alcohol levels and literally be drunk, just from eating sugar. This moderate “high” is one explanation for intense sugar cravings. There is another interesting aspect to alcohol and yeast.

Every living thing that eats must create waste on the other end. Usually that waste is toxic (poisonous) to the organism. Not so with yeast. The alcoholic by-products it creates can actually serve as a fertilizer to help it grow further. This explains why various researchers have indicated that everyone who drinks alcohol regularly (daily or a few times weekly) is likely harboring Candida Overgrowth. (2) (3)

The conditions above are most likely to cause candida albicans yeast infection and dysbiosis. The conditions below also contribute but usually must be extreme. That is, done more frequently, sustained over time, or magnified by each other.

#### Hormone imbalances

That show up as obvious symptoms (PMS, etc.) can upset the balance of friendly flora in the gut. This explains why women are more prone to yeast problems giving their monthly cycle, pregnancies, menopause, birth control pills, etc. however, with proper bowel balance and a strengthened immune system, these variations should not cause problems.

#### Tap Water

Water containing chlorine kills both bad and good bacteria in the gut. It is better to drink filtered or spring water. Better to drink distilled water with something else mixed with it rather than plain. Better to have room temperature water rather than cold (cold and ice puts out the “gastric fire” which is necessary for proper digestion).

#### Bowel Problems

Digestive troubles like constipation, diarrhea, parasites, worms, IBS, leaky gut, heartburn, gas, bloating - all signs of dysbiosis - are not only the signs and symptoms of yeast infection, but can be originating causes as well. The “chicken or the egg” story once again. Either way, where there is smoke, there is fire. (4)

#### Excessive stress

Stress can most certainly affect the immune system and bowel causing CO. The link between mind-body is well established. Emotional nervousness or mental stress can cause chronic fatigue, nausea, diarrhea, high blood pressure, ulcers and numerous related health problems. That is why our treatment program uses a 'Healthy Trinity' which addresses mind-body issues to reduce stress.

#### Environmental Molds or Chemicals

Chemicals and mold can deplete the immune system and liver reserves, causing bowel dysbiosis. This is a problem for people who work around chemicals frequently, for example, hair stylists, dry cleaners, lawn maintenance, house painters, fuel or chemical industry, etc. Basically, if you can smell anything, it means that your liver and immune system has to work to get rid of it. The stronger and longer the exposure, the more likely a yeast infection or dysbiosis problem.

## Toxic Metals and Food Chemicals

Toxic metals have the same explanation as the above category except they are even more severe. Mercury (as found in dental amalgams, some fish), other metals and food chemicals, such as aspartame, MSG and other can kill friendly intestinal flora, alter immune response, and allow yeast to proliferate. Mercury and metals can be a paradox. There is no question that they are toxic. However, clinical experience clearly shows that, like any of these possible causes of CO, toxic metals will affect people differently. For some people a much more dental work don't have any problem at all. I have seen people who were convinced their problems were dental related, spend thousands of dollars to get them removed, only to find the same problems or worse. The best way to determine if this is a problem for you is why we Test instead of Guess.

## Immune deficiency

From conditions that weaken the immune system such as AIDS, cancer, herpes, hepatitis, et. It is a little-known fact that almost everyone with serious illness is suffering from candida albicans or yeast infection.

## pH Miracle and The New Biology

You are about to discovery some life-changing information. It goes by several names - - New Biology; the pH Miracle and the acid-alkaline balance.

It is so timely that CBS did a special news segment on it. Time-Warner Books published a book which has become an international best seller called, "The pH Miracle", by Dr. Robert O Young. Numerous products have flooded the market on the heels of this success trying to capitalize on this growing wave of popularity.

## New Biology

As the name implies, is a serious, paradigm shifting body of information that is changing the face of modern medicine. The New Biology acts like a unified field theory in that it provides a common underlying theme (the acid-alkaline balance) that threads through the various fields of science like biology, chemistry, physics, health, medicine, nutrition, vitality, cellular regeneration.

Basically the premise is that ALL disease has one common cause, and thus, the cure for all disease is common as well. As preposterous as this sounds, it is easily verifiable as Truth; which accounts for the miraculous transformations that people experience as they begin to walk this Path and live this lifestyle. (The healing testimonials of "pH Miracles" are abundant.)

## How It Works

The Human body is a microcosm of the larger Earth body. Both are 30% mass and 70% fluid. Both ocean sea-water and human blood have a similar alkaline pH of 7.3 - 7.4 Another similarity

between earth and man is that when that pH balance is disturbed, ecological disaster occurs. As above, so below.

Just as air (gas) is measured by temperature, fluids are measured by their pH. The pH is the measure of the amount of acid or alkaline (base) of a fluid. It is measured on a scale from 1 to 14, with 1-7 being acid, 7 being neutral and 7-14 being alkaline

In the human body, to maintain health, the blood seeks to keep a very narrow range of pH, specifically, pH of 7.365. Our body temperature also has a very narrow range of 98.6. If the temp rises a mere 4 tenths of one degree a person gets hot and experiences a fever.

In a like manner, when this blood pH is disturbed, the body will go thru a series of automatic mechanisms to try and re-alkalize itself. Current medical practice, and thus most people, recognize these natural attempts to restore balance as the symptoms of disease.

Thus it turns out that fatigue, food cravings, mental fogginess, colds & flu, acne, asthma, bacterial overgrowth, excess fat, high cholesterol, high blood pressure, fibromyalgia, osteoporosis, diabetes, and numerous other examples (discussed at length in THE pH MIRACLE book) are all related to a blood imbalance trying to correct itself back to a normal, or alkalinized, pH.

It appears that all disease is directly, inevitably and undeniably linked to the blood balance pH trying to correct itself. While other symptoms or apparent causes may also be present, at a cellular and blood level, the pH disturbance will always be present.

In a nutshell (the official postulate is) "all disease is a function of the over acidification of the blood, caused by an inverted way of thinking, eating or living."

Thus Diet is one of the 3 main culprits. Eating in an alkalizing way and using some special, highly vital, alkalizing supplements are the primary tools to correct imbalance and regenerate vitality. This is a simple education process. You may really enjoy "discovering" this New Biology lifestyle which seems to be the final word on human health, diet and healing.

In other words, the pH MIRACLE is not just about promoting a series of "cure-all" products. While the products are indeed very powerful and stand on their own to create immediate vitality, when they are combined with other lifestyle changes (like an alkalizing diet -- also explained in THE PH MIRACLE book) then we begin to see some very positive and lasting health changes begin to occur - - regardless of the disease.

### Candida and the PH Miracle

The relevance for you, as you begin your candida removal program with us, can not be overstated. Without this critical step, your chances of lasting recovery are almost nil. With it, your success is almost certain.

Candida overgrowth occurs when the body has become so acidic and toxic that it is beginning to rot. Yes, that is ROT. Make no mistake, candida is a mold that thrives on dying and rotting tissue. Its purpose is to slowly digest the acidic diseased body for the purpose of returning it back to the soil. Candida is an undertaker whose job is to recycle a corpse, living or dead. YUK !

Thus, the obvious importance of returning to a natural, alkaline lifestyle is clear. As the blood is cleaned with SUPER GREENS, PRIME pH and an alkalized diet, the internal environment becomes less hospitable for mold and the critters leave.

The best metaphor is an old tire filled with rainwater. Soon mosquitoes will appear. One can spray the bugs for Removal. This approach will work temporarily. But in a few days the bugs will return Why? Because the stagnant water which grew them is still at work. The solution is to flush out the stagnant acidic water. Once the breeding ground is removed, the bugs will disappear.

At the National Candida Center, we utilize the PH MIRACLE in direct application to help you shift your internal body ecology from a breeding ground to a pure temple. It is one of the foundations for lasting success.

[www.nationalcandidacenter.com](http://www.nationalcandidacenter.com)